

Statistics Report 01127, Egg, yolk, raw, frozen, sugared, pasteurized

Report Date: December 09, 2015 19:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	51.23	--	--	51	51.6	--	--	--	1	Analytical or derived from analytical	--	04/2012
Energy	kcal	307	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1997
Energy	kJ	1283	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Protein ¹	g	13.87	--	--	13.5	14.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Total lipid (fat) ¹	g	22.82	--	--	22.31	23.3	--	--	--	1	Analytical or derived from analytical	--	04/2012
Ash ¹	g	1.13	--	--	1.1	1.2	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carbohydrate, by difference	g	10.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Sugars, total ¹	g	10.30	--	--	9.9	10.6	--	--	--	1	Analytical or derived from analytical	--	04/2012
Sucrose ¹	g	10.10	--	--	9.8	10.5	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.10	--	--	0	0.3	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fructose ¹	g	0.10	--	--	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Minerals													
Calcium, Ca ¹	mg	124	--	--	122	126	--	--	--	1	Analytical or derived from analytical	--	04/2012
Iron, Fe ¹	mg	3.70	--	--	3.67	3.74	--	--	--	1	Analytical or derived from analytical	--	04/2012
Magnesium, Mg ¹	mg	10	--	--	10	11	--	--	--	1	Analytical or derived from analytical	--	05/1996
Phosphorus, P ¹	mg	404	--	--	399	407	--	--	--	1	Analytical or derived from analytical	--	04/2012
Potassium, K ¹	mg	105	--	--	99	109	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	70	--	--	65	74	--	--	--	1	Analytical or derived from analytical	--	04/2012
Zinc, Zn ¹	mg	3.06	--	--	3.03	3.09	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Manganese, Mn ¹	mg	0.080	--	--	0.07	0.09	--	--	--	1	Analytical or derived from analytical	--	04/2012
Selenium, Se ¹	µg	53.5	--	--	38.4	64.2	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1976
Thiamin ¹	mg	0.140	--	--	0.12	0.16	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin ¹	mg	0.523	--	--	0.52	0.53	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin ¹	mg	0.037	--	--	0.02	0.05	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid ¹	mg	3.287	--	--	2.76	3.63	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.398	--	--	0.39	0.41	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, total ¹	µg	174	--	--	163	189	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	174	--	--	163	189	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	µg	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total ¹	mg	669.3	--	--	650	682	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 ¹	µg	1.64	--	--	1.1	2.63	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin A, RAE	µg	316	--	--	--	--	--	--	--	--	Calculated or imputed	01160	08/2012
Retinol	µg	313	--	--	--	--	--	--	--	--	Calculated or imputed	01160	08/2012
Carotene, beta ¹	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	µg	38	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Cryptoxanthin, beta	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin A, IU	IU	1103	--	--	--	--	--	--	--	--	Calculated or imputed	01160	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Lutein + zeaxanthin ¹	µg	967	--	--	841	1,124	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol) ¹	mg	2.25	--	--	1.92	2.81	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin D (D2 + D3)	µg	3.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Vitamin D3 (cholecalciferol) ¹	µg	3.1	--	--	2.1	4.6	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin D ¹	IU	123	--	--	84	182	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Lipids													
Fatty acids, total saturated	g	7.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
8:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
10:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.003	--	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2012
14:0 1	g	0.104	--	--	0.07	0.17	--	--	--	1	Analytical or derived from analytical	--	04/2012
15:0 1	g	0.013	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2012
16:0 1	g	5.127	--	--	4.99	5.27	--	--	--	1	Analytical or derived from analytical	--	04/2012
17:0 1	g	0.041	--	--	0.04	0.05	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:0 1	g	1.822	--	--	1.74	1.88	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
24:0 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total monounsaturated	g	8.885	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.019	--	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2012
15:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated 1	g	0.527	--	--	0.5	0.54	--	--	--	1	Analytical or derived from analytical	--	04/2012
17:1 1	g	0.022	--	--	0	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated 1	g	8.259	--	--	8.04	8.38	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:1 1	g	0.058	--	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:1 undifferentiated 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
22:1 c 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total polyunsaturated	g	3.856	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
18:2 undifferentiated 1	g	3.154	--	--	2.89	3.32	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.112	--	--	0.1	0.13	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-3 c,c,c (ALA) ¹	g	0.083	--	--	0.07	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-6 c,c,c ¹	g	0.029	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
20:2 n-6 c,c ¹	g	0.048	--	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:3 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated ¹	g	0.400	--	--	0.39	0.41	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:5 n-3 (EPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) ¹	g	0.013	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:6 n-3 (DHA) ¹	g	0.129	--	--	0.12	0.15	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total trans	g	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	01126	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol 1	mg	917	--	--	876	949	--	--	--	1	Analytical or derived from analytical	--	04/2012
Amino Acids													
Tryptophan 1	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Threonine 1	g	0.627	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Isoleucine 1	g	0.697	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Leucine 1	g	1.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Lysine 1	g	1.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Methionine 1	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Cystine 1	g	0.227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Phenylalanine 1	g	0.607	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Tyrosine 1	g	0.507	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 1	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Arginine 1	g	0.917	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Histidine 1	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Alanine 1	g	0.703	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Aspartic acid 1	g	1.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Glutamic acid 1	g	1.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Glycine 1	g	0.417	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Proline 1	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Serine 1	g	1.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012

Sources of Data

¹American Egg Board American Egg Board-Egg Nutrition Center Study, 2005